

What to take for arthritis pain?

Take a walk. A bike ride. A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can relieve pain and help you move more easily. You can break it up, doing 10 to 15 minutes at a time. To add fun, do it with a friend. Stick with it, and in four to six weeks you could hurt less and feel better.

Physical Activity. The Arthritis Pain Reliever.

Call 1-800-283-7800 to learn more.

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION
THE ARTHRITIS FOUNDATION
THE DEPARTMENT OF HEALTH & HUMAN SERVICES

